CLAIMS

1. A composition for preventing, ameliorating or treating a bowel disease, comprising galactomannan and/or arabinogalactan.

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- 2. The composition according to claim 1, wherein the bowel disease is an inflammatory bowel disease.
- The composition according to claim 1 or 2, wherein the composition
 comprises degraded galactomannan as the galactomannan.
 - 4. A food or a medicament comprising the composition as defined in any one of claims 1 to 3.
- 5. A liquid food for preventing, ameliorating or treating a bowel disease, comprising a protein and galactomannan and/or arabinogalactan.
 - 6. The liquid food according to claim 5, wherein the bowel disease is an inflammatory bowel disease.

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7. The liquid food according to claim 5 or 6, wherein the protein is one or more proteins selected from the group consisting of a soy protein, a milk protein, a yolk protein, an albumen protein, a wheat protein and a degraded product thereof.

- 8. The liquid food according to any of claims 5 to 7, wherein the liquid food comprises degraded galactomannan as the galactomannan.
- 9. A composition for preventing, ameliorating or treating an irritable bowel syndrome, comprising galactomannan.
 - 10. The composition according to claim 9, wherein the composition comprises degraded galactomannan as the galactomannan.

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11. A medicament or a food comprising the composition as defined in claim 9 or 10.